



# Asian Coalition

*With help, there IS hope.*



**Meeting Time:** **October 21st, 2016, 1:00 to 3:30pm**

**Location:** LACDMH Arcadia Mental Health Center  
330 E. Live Oak Avenue, Arcadia, CA 91006

**Due to limited space, RSVP is required!**

**To RSVP, go to [EventBrite.com](http://EventBrite.com), search for "Asian Coalition" & select the meeting.**

## Upcoming Guest Speaker: Profiles of Courage & Resilience



**October 21: Mike Eng** currently serves as the a member of the Board of Trustees of the Los Angeles Community College District. Mike is also known for his six years of service as a former California Assemblyman to represent California's 49th Assembly District, which includes cities in the San Gabriel Valley. Understanding how the model minority myth reinforces negative stereotypes, Mike saw the need to help improve the disparities that exist within our diverse Asian American, Native Hawaiian, & Pacific Islander (AANHPI) communities. As a result, in November 2009, he organized a legislative town hall to bring to light the most salient mental health challenges affecting the AANHPI populations. In his opening remarks, Mike shared that he was personally impacted by mental illness when he was told that a relative suffered from mental illness but feelings of shame prevented any open acknowledgement or discussion. In October 2012, Mike also shared with students how he personally faced bullying and how that affected his self-esteem and grades.

Mike's experience was one of many. China Press reported in Sept 2012 that Asian students experience more bullying compared with students from other ethnicities. A report shows that 54 percent of Asian Americans have been victims of bullying on campus, while 31 percent of white students, 39 percent of African American students, and 34 percent of Latino students have experience bullying.

**Asian Coalition's Mission:** We are an association of individuals dedicated to mental health advocacy through providing a place for community dialogue and education & bringing resources together for members to develop a better understanding of the mental health system on all levels. As a coalition, we are committed to bringing more awareness to untold stories of adversity and resilience affecting the various Asian & Pacific Islander American (APIA) communities in Los Angeles County. At our meetings, **we carry the message of hope, wellness, recovery, and self-determination.** We welcome anyone interested in learning more about the mental health system of Los Angeles County & how it affects the APIA communities and the general community-at-large.

**Vision & Goals:** The Asian Coalition is committed...

- To **providing a supportive environment** for individuals who seek general and culturally relevant mental health resources and services related to the APIA communities.
- To **sharing personal stories of hope & resilience.**
- To **educating the community** about the value of various mental health services, community support groups & alternative therapies available.

### Next Meeting Dates

Friday, Nov 18, 2016

Friday, Dec 16, 2016

For further information, contact **Emily Wu Truong** at [AsianCoalitionLACDMH@gmail.com](mailto:AsianCoalitionLACDMH@gmail.com)  
LIKE our Facebook page! [Facebook.com/AsianCoalitionLACDMH](https://www.facebook.com/AsianCoalitionLACDMH) & Follow us on Twitter! [@DMHAsianMH](https://twitter.com/DMHAsianMH)  
Use these hashtags! **#MentalHealthMatters #EveryLifeMatters #BreakTheStigma**

**A Life of Courage & Resilience:** It is not the destination. You have always been living it in each step of your life & just didn't know it.

